

Jiffy Muffin Mix Mini-Loaves

1. package Jiffy Muffin Mix (corn muffin, blueberry, apple-cinnamon, etc.)

In addition to the ingredients listed in package recipe (e.g. corn muffins call for 1 egg and 1/3 cup milk), also use:

1/3 cup wheat germ, bran or uncooked multigrain cereal

1. tbsp. brown sugar or molasses

1/4 tsp. salt

1/3 cup raisins or chopped dried fruit (or 1/4 cup each dried fruit & chopped nuts)

1/2 tsp. baking powder

1. tbsp. melted butter or vegetable oil

1. tbsp. milk

For corn muffin mix, preheat oven to 400 degrees (or temperature called for by other type muffin mix). Mix dry ingredients together. Beat remaining ingredients together in a separate bowl, then blend with dry mix. For maximum rise, let batter rest 3 or 4 minutes and then pour into two greased 3x5-1/2 inch mini-loaf pans (which will fit in a 10-inch dutch oven, by the way; set the pans on top of home-canning jar rings or pebbles placed in the bottom of the oven to let hot air circulate under the pans). Bake 15 to 20 minutes or until brown.

The following quick breads (no active dry yeast required) can also be prepared to use up your milk, eggs and butter before they spoil:

Logan Bread

6 eggs

3 cups flour (any mixture of whole wheat and rye)

3/4 cup wheat germ

1/4 cup brown sugar

1/2 cup powdered milk

1. cup oil

1/2 cup honey

1/4 cup molasses

1/4 cup sorghum syrup or maple syrup

(any combination of these four sweeteners totaling one cup works fine)

1/2 cup shelled walnuts or pecans

1. cup dried fruit (raisins, dates, apricots, peaches, etc.)

Beat all the ingredients together in a large bowl. Pat down into two greased 9x5-inch loaf pans. Bake at 275 degrees for two hours, or until a tester comes out clean. The bread will be very heavy, dense and chewy; each loaf weighs 24 ounces. Logan bread tastes good on the trail, is high in calories and is almost impervious to spoilage.

Pioneer Bread

1/2 cup butter or margarine

1/2 cup honey

3 eggs

1. cup buttermilk (or sour milk: 1 tbsp. vinegar, 1/3 cup powdered milk, water to make 1 cup, let set 5 minutes)

2. cups whole wheat flour

3. cups unbleached white flour

1. tsp. baking soda

1. tsp. salt

1. cup raisins

2. tbsp. caraway seeds

Combine butter, honey, and eggs in a bowl and add buttermilk.

Separately, combine flours and baking soda and add salt, raisins, and caraway seeds. Combine both bowls. Place in a greased 9x5-inch loaf pan. Bake at 375 degrees for 50 to 60 minutes or until a tester comes out clean.

Molasses Graham Bread

1/4 cup sugar

3. cups flour

4. tsp. baking soda

5. tsp. salt

1. tsp. baking powder

1-3/4 cups graham flour (or whole wheat flour)

1/3 cup butter

2. eggs, beaten

1-3/4 cups sour milk or buttermilk

3/4 cup molasses

Mix together dry ingredients, then cut in the butter. Work with fingertips until mixture resembles coarse cornmeal. Blend eggs, milk and molasses. Pour into dry mixture and stir just enough to blend. Pour into two greased and floured loaf pans. Bake at 350 degrees for about 40 minutes.

Irish Soda Bread

3. cups all-purpose flour

1/2 cup sugar

1. tbsp. baking powder

1. tsp. baking soda

1-1/2 cups dried currants or raisins

1-3/4 cups buttermilk

2. large eggs

3. tbsp. melted butter or margarine

1/2 tsp. vanilla

Mix flour, sugar, baking powder, baking soda and currants in a large bowl. In a small bowl, beat buttermilk, eggs, 2 tablespoons of the butter and vanilla until blended. Add egg mixture to flour mixture and stir until evenly moistened. Spread batter in a greased 10-inch oven-proof frying pan. Drizzle with remaining 1 tablespoon butter. Bake at 350 degrees until bread is browned and pulls away from sides of pan (about 45 minutes). Let cool in pan on a rack for 10 minutes.

Nut Bread

- 4. tbsp. butter
- 1. cup sugar
- 2. eggs
- 2-1/2 cups flour
- 3. tsp. baking powder
- 1. tsp. salt
- 1. cup milk
- 1. cup chopped nuts
- 1. tsp. vanilla

Cream together butter and sugar. Add eggs and beat real good. Sift together dry ingredients and add to butter mixture alternately with the milk. Mix in nuts and vanilla. Pour batter into greased loaf pan and let rise for 30 minutes. Bake at 350 degrees for 30 minutes.

Date Nut Bread

- 1. cup chopped dates
- 1. cup sugar
- 2. tbsp. shortening
- 1. cup boiling water
- 2-1/4 cups all-purpose flour
- 1. tsp. baking soda
- 1. tsp. salt
- 1. tsp. baking powder
- 1. cup chopped nuts
- 1. egg

Preheat oven to 375 degrees. Put dates, sugar and shortening into a bowl. Pour boiling water over mixture and cool. Sift flour with soda, salt and baking powder. Mix with dates. Add nuts and mix real good. Add egg last, mix thoroughly and pour into a greased loaf pan. Bake 1 hour.

Whole Wheat Beer Biscuits

- 2. cups all-purpose flour
- 1. cup whole wheat flour
- 2. tbsp. sugar
- 4-1/2 tsp. baking powder
- 1. tsp. salt
- 3/4 tsp. cream of tartar
- 3/4 cup (1/4 lb. plus 1/4 cup) cold butter or margarine, cut into pieces
- 1. large egg, lightly beaten
- 1. cup beer

Mix all-purpose flour, whole wheat flour, sugar, baking powder, salt and cream of tartar in a large bowl. With a pastry blender or 2 knives, cut in butter until mixture resembles coarse crumbs. Add egg and beer. Stir with a fork just until dough holds together. Turn dough out onto a well floured board and knead briefly until smooth (2 or 3 turns). Pat dough 1-inch thick. Using a floured 2-1/2 to 2-3/4 inch round cookie cutter, cut out biscuits. Gently pat scraps together and cut out remaining biscuits. Arrange biscuits slightly apart on a large greased baking sheet. Bake at 425 degrees until browned (18 to 20 minutes). Transfer biscuits to a rack. Makes 8 or 9 biscuits.

Carolina Choice Rice (or Grits) Loaf (or Muffins)

2. cups cooked brown rice (or 2 cups cooked hominy grits)

1-1/4 cup sour milk

1/4 cup vegetable oil

1. egg, beaten

1. tsp. baking soda, dissolved in 1 tbsp. of water

2. cups whole wheat, unbleached or all-purpose flour

1/2 tsp. salt

1. to 2 tbsp. sugar

Combine the rice or grits, sour milk, oil, egg and soda in water. In a separate bowl, mix the remaining 3 ingredients. Stir together the two mixtures. Spoon into a greased 9x5-inch loaf pan or into greased muffin tins. Bake at 375 degrees. For the loaf bread, bake 50-60 minutes. For muffins, bake 15 to 20 minutes. Test with a toothpick or broom straw. Insert near the center; if it comes out unsticky, the bread is baked.

Charleston Rice Muffins

2. cups flour

3. tsp. baking powder

1/2 tsp. salt

1/4 tsp. freshly ground pepper

1. cup cold cooked rice

2. eggs, beaten

1. cup milk

1/4 cup butter, melted

Combine dry ingredients. Add rice and liquid ingredients. Mix. Spoon into greased muffin tins. Bake at 400 degrees for around 20 minutes. Makes 12 muffins.